

Dietitian Outlines Career Possibilities

EDITOR'S NOTE: This is Michigan Home Economics Week, and in the following piece Marion Tate of 1722 Bond, Birmingham, outlines the possibilities and procedures in becoming a dietitian. Miss Tate has been director of dietetics at the Detroit Memorial Hospital for the past 10 years. She is a former professor of home economics at Mississippi Southern College and has served on the staff at Pennsylvania State College and Wayne State University. She is currently president-elect (1962-64) of the Detroit Dietetic Association.

Ask me why home economics is important to you? Eighty-five per cent of the purchasing power is woman's and every part of purchasing is basic to home economics. Who says home economics is for those who don't wish college training? The tree of professions with four-year degree programs in home economics at college level is a large and ever growing one. Dietetics is just one example. Dietitians major in foods and nutrition or foods and administration.

FOODS AND nutrition is the basis of every successful family. It's why you see that you and the children get orange juice every day (dietitians may refer to it as ascorbic acid or Vitamin C); one yellow and one green leafy vegetable each day (vitamin A and B); five ounces of meat, cheese, eggs or fish for bone and tissue repair and replacement; milk each day for proper bone and teeth maintenance is the reason many women dedicate themselves to the health and welfare of the human race.

THE HOSPITAL dietitian begins her career early in life by entering a college preparatory course and obtaining a high school diploma. Her next goal is a BS degree from an accredited college (Michigan State or Wayne State University being such in our state). Upon receipt of the BS degree, an internship in a hospital with an accredited dietetic internship program follows. In Michigan, three hospitals offer such an internship: Henry Ford Hospital and Harper Hospital in Detroit, and the University of Michigan Hospital at Ann Arbor.

Competition in clothing production is likely to continue as new manmade fibers and blends and new uses for all fibers are developed, home management specialists say. Such competition can benefit consumers since quality of wearing apparel is likely to be improved and prices to remain favorable. This will be a major factor for families to consider in their 1963 budget.

INTERNSHIPS ARE of one year duration. The dietetic intern learns the various applications of her home economics training in the hospital setting.

All patients on special diets for any reason come to know the "therapeutic dietitian." Those who specialize in this training deal with visiting patients, giving diet instructions, working with the doctor to explain the causes and results of diets requiring special attention.

This dietitian is very often responsible for between meal medically ordered nourishments where food is a medicine leading the patient back to good health.

SHE, TOO, is responsible for all tube feedings so necessary post-operatively when we can not eat as we usually do. The calculating of liquid food at this time is her responsibility.

Baby formula preparation is often her responsibility as well. Newborns, premature and the sick in

fant all require special attention. Baby's food at this point in life is as important as medication.

THERE IS the "clinic dietitian." Her work is most like the therapeutic dietitian with the exception being that she usually instructs on an out-patient basis. This means the patient is not in the hospital; but comes as an out-patient for instruction, treatment and/or care.

Her work lends itself to class room instruction where food charts, models and group participation is helpful to the out-patient.

Large hospitals where teaching programs are carried on employ the "teaching dietitian." Her job is to conduct classes for interns, residents, student nurses and practical nurse training. Diet therapy and medicine as well as patient care are closely coordinated in the patients' recovery.

ANOTHER ever important phase of study is that of research. The

"research dietitian" is employed by large hospitals having monies from special grants for studies in the field of foods and nutrition. This is exacting, calculating and often repetitive work. No scientific study ever progressed without a hitch and nutrition is no exception.

The "administrative dietitian" represents the core of food production and is often called the "main kitchen dietitian." Her responsibility includes not only patient food service, but product control, food cost, recipe standardization, storeroom issue and double entry bookkeeping control, the bakery, the butcher shop, the food purchasing and usually sanitation control.

It is no wonder that every administrative dietitian is a "clock watcher." Time schedules are of the essence.

THE "CAFETERIA" dietitian's responsibility is to see that personnel of the hospital are fed nu-

tritious meals in the 24-hour duty of hospital rounds, for without fresh, alert, keen-minded personnel the hospital's team would not be the strong links in the chain it is. Every dietary department in a hospital counts and depends upon a director of dietetics to mold, intervene, set the pace, the standards, spell out the procedures, write job descriptions, plan, coordinate, direct and oversee the functions of her various sections after mentioned.

The relationship is not only important inter-departmentally, but intra-departmentally as well. Public relations, vendor relations and community-wide, the director is the top-line liaison officer.

Duplicate Bridge Winners Named

On Feb. 27, the women of the Oakland Hills Country Club met for another afternoon of playing duplicate bridge.

Winners at North-South position were: first, Mrs. Andrew G. Brodie and Mrs. James W. Ginn; second, Mrs. David M. Ditz and Mrs. C. Boyd Stockmeyer; third, the team of Mrs. Robert M. Hodgson and Mrs. Robert W. Mulliner.

Winners at East-West were: first, Mrs. Harry B. Stillman and Mrs. Harvey W. Ewald; second, Mrs. Walter Westman and Mrs. Richard P. Benicke; third, the team of Mrs. Don R. Matthews and Mrs. Anthony E. Purman Jr.

Mrs. C. Boyd Stockmeyer is chairman of the afternoon duplicate bridge games, which is sponsored by the Oakland Hills Country Club's special activities committee of which Don W. Graham is chairman. It is directed by Mrs. Ernest Clinton.

Next Wednesday is the date for the next afternoon duplicate bridge competition.

Figaro

(Continued from 1-D)

are Mrs. Ralph Fox, Mrs. Donald Green, Mrs. John R. Phelps, Mrs. Richard Ruppell, Mrs. William Leche, Mrs. Frank Linder and Mrs. Philip R. Flanders.

Those from the schools participating are Mrs. Jean Sharrard, Miss Evelyn Mitchell, William Seaback, Miss Bertha Seifert, Clarence Luchman, Alan Poland and Arnold Berndt.

THE OVER - ALL "Overture" program is co-sponsored by the Detroit Grand Opera Association, the University Center for Adult Education and the Detroit Public Library as a prelude to the "Met" visit.



For Antique Arrangements

James A. Fowler, chairman of the Clara B. Ford Garden Forum to be held Mar. 13 through 15 at Henry Ford Museum in Dearborn, shows garden club participants one of the antique containers which will be used in the exhibition "Flower Arrangements in Historic Settings." Local women who will display flower arrangements at the Museum during

the forum are (left to right) Mrs. Frederic A. Gould of Indian Village, formerly of Farmington; Mrs. Glenn H. Leland, Farmington; Mrs. George W. Chesley, Birmingham; and Mrs. Oris Opt. Holt, Farmington. Mrs. Carl Larson and Mrs. Walter Guthrie, both of Bloomfield Hills, are also among the 30 women who will arrange exhibits for the forum.

Tour

(Continued from 1-D)

Flight from Detroit to Rome) include trips to the Vatican Museum and the Borghese Galleries as well as an excursion to artists' studios along Via Margutta while in Rome.

After four days there, the group will travel by motorcoach through the medieval cities of Viterbo and Orvieto to Perugia. After a visit to St. Francis of Assisi's home there, they will go on to Florence.

AMONG THE places visited in Florence will be the Uffizi Gallery and the Medici and Boboli villas.

After Florence, it's on to Venice to concentrate on the mosaics and to see the Doges Palace, the Bridge of Sighs and the Grand Canal. They will also visit, via motor launch, the glass factory on Murano.

From Venice, they fly to Vienna to see St. Stephen's Cathedral, Belvedere Palace and two national museums with a side-trip to May-erling to visit the Imperial Hunting Lodge and a stop at the spa of Baden on the way back.

contemporary artists.

After a reception at her home, Mme. Guilbert will take the group on a tour of Montmartre, showing points of interest in the place where such artists as Degas, Lautrec, Seurat and Picasso lived and worked.

Also, while in Paris, she will take them to the Louvre and Versailles, the Latin Quarter, the Sorbonne, the Montparnasse Galleries and the Museum of Modern Art.

Mme. Guilbert will accompany the tour to Nice, where she will take them to the Matisse Chapel (in Venice) and introduce them to her friend Marc Chagall.

THE FOLLOWING day all will see the Grimaldi Museum (Antiques) and the Museum of Picasso War and Peace Frescoes (Vallauria). The group will also visit three potteries while in Vallauria, one where Picasso made his ceramics.

Then comes a parting of the ways for Mme. Guilbert, who returns to Paris, and the group, which goes on to Spain to see the Museo del Prado, the private galleries of the Museo Lázaro Galdiano, the Institute Valencia de Don Juan, the Duke of Alba's Museum, the Alcazar and the El Greco Museum. They will visit the statues of several Madrid artists and thence home.

Concert

(Continued from 1-D)

Waterson, and a brass sextet will present "La Fiesta" by Gontzel. Both ensembles won first division ratings recently in the district schools festival in Pontiac. Also featured on Thursday's program at Community House will be the Musicals' second scholarship winner, Sally Weiss, flutist, a junior at Groves High School. Sally won three first place ratings in the solo and ensemble groups at the recent district festival.

Make a list of those "don't needs" today, Dial MI 1-100 and a Classi Lassi will help you.

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